

SAMPLE SUN SAFETY POLICY



Safe In The Sun childcare will provide a safer environment for our children by reducing sun exposure during outdoor activities. By adopting this policy, *Safe In The Sun childcare* aims to reduce sun exposure by practicing appropriate strategies for sun protection. This policy will be implemented throughout the year, but with particular emphasis from March through October when the sun's UVB rays are known to be stronger.

Hats and Protective Clothing

Parents/guardians will be **[encouraged / strongly encouraged / required]** to provide hats with wide brims (at least 2- to 3-inches all around) that protect the face, neck and ears, for their child to wear whenever they are outside. Baseball hats are not recommended because they do not shield the neck, ears or cheeks. Parents/guardians will be **[encouraged / strongly encouraged / required]** to provide articles of sun-protective clothing (i.e., tightly woven, loose-fitting, full length, dark-colored and light-weight), when temperatures are reasonable, for their child to wear whenever they are outside.

Sunglasses

Parents/guardian's will be **[encouraged / strongly encouraged / required]** to provide sunglasses that block 100 percent of UVA and UVB rays to protect their child's eyes from UV rays whenever they are outside.

Sunscreen and Lip Balm

Parents/guardians will be **[encouraged / strongly encouraged / required]** to provide a **[water resistant / broad spectrum]** (and paba and alcohol free, if possible) sunscreen with an SPF 15 or higher and sun protective lip balm for staff to apply to their child's exposed skin, except eyelids, 30 minutes before exposure to the sun and every two hours while in the sun. Parents/guardians will sign and complete a sunscreen permission form giving staff permission to apply sunscreen/lip balm to his/her child. The form will remain on file at the program.

Outdoor Activities/Shade Options

Safe In The Sun childcare will provide sufficient areas of shelter and/or trees providing shade on the play yard. Children will be encouraged to see and use available areas of shade for outdoor play activities. Off-site trips and all outdoor activities will be scheduled before 10 a.m. and after 4 p.m. (10 a.m. to 3 p.m. in the winter months) whenever possible. The availability of shade will be considered when planning off-site trips and outdoor activities during these times.

Instruction

Staff will include learning about the skin and ways to protect the skin from the harmful effects of UV rays, into the program's curriculum and daily routines.

Parent/Guardian Communication

Parents and guardians will be informed about the importance of, and strategies for, preventing skin cancer. Communication will include, but will not be limited to, details of the center policy relating to hats, sun-protective clothing, sunscreen usage, and sunglasses. The policy will be reinforced in positive ways through parent newsletters, staff memos, bulletin boards, and meetings. Signage will be posted that reminds staff, parents, and children to practice sun safety. Families will be urged to reinforce sun-safe behaviors outside the facility.

When enrolling their child, parents/guardians will be:

- Informed of *Safe In The Sun childcare*'s sun-safety policy.
- Asked to provide appropriate clothing, sunglasses, and suitable hat, labeled with their child's name, for use when outdoors in the childcare setting.
- Required to provide or deny permission for staff to apply sunscreen.
- Asked to provide a [water resistant/broad spectrum] SPF 15 or higher sunscreen and lip balm (if their child is allergic to the program's offered brand/type.)
- Encouraged to practice sun-safe behaviors themselves.

Employees

Staff will be educated about skin cancer's impact and prevention, including sun protection methods. Staff will be provided with educational materials and resources on sun safety and protection. Staff will be strongly encouraged to protect themselves from overexposure to the sun and to model sun-safe behavior for students between March and October.

Evaluation

Safe In The Sun childcare will evaluate and revise sun safety programs, and address identified shade needs, on an annual basis.

SAMPLE PARENT/GUARDIAN'S PERMISSION TO APPLY SUNSCREEN TO HIS/HER CHILD



Name of Child: _____

(last, first)

As the parent/guardian of the above child, I recognize that too much exposure to UV rays may increase my child's risk of getting skin cancer someday. Therefore, I give permission for the staff at:

(name of child care program)

to apply a sunscreen product that is broad spectrum with SPF 15 or higher to my child, as specified below, when he/she will be playing outside, especially during the months of March through October and between the daily time of 10 a.m. and 4 p.m. I understand that sunscreen may be applied to exposed skin, including but not limited to the face (except eyelids), tops of ears, nose, bare shoulders, arms and legs.

I have checked and initialed below all applicable information regarding the child care program's choice in brand/type and use of sunscreen for my child: _____

_____ I do not know of any allergies my child has to sunscreen.

_____ My child is allergic to some sunscreens. Please use ONLY the following brand(s)/type(s) of sunscreen: _____

_____ Staff may use the sunscreen of the program's choice following the directions and recommendations printed on the product container.

_____ I have provided the following brand/type of sunscreen for use for my child: _____

_____ For medical or other reasons, please do NOT apply sunscreen to the following areas of my child's body: _____

Parent/Guardian's Name: _____ Date: _____

Parent/Guardian's Signature: _____

**NOTE: DO NOT RELY ON SUNSCREEN ALONE TO
PROTECT CHILDREN FROM SKIN CANCER!**

Adapted from the California Early Childhood Sun Protection Curriculum (1998-Revised) from the Skin Cancer Protection Program, Cancer Prevention and Nutrition Section, California Department of Health Services. http://www.dhs.ca.gov/cpns/skin/skin_resources.html